

# FY2015 CHNA&HIP Progress Report

## Emmet County

### Community Health Improvement Plan

GOAL	Strategies	Progress on Strategies
Decrease obesity by June 30, 2015 by 2% in Emmet County. (Current level: 29% according to the County Health Rankings Snapshot 2010 for Emmet County)	1. Provide community presentations on obesity epidemic and impact on the community. (Higher rates of obesity translate into higher rates of obesity-related disease)	1. FY2015: The Emmet County Wellness Coalition continues to meet monthly. This year we sponsored a "Screen Free Week", to encourage families to engage in physical activities in the community instead of TV, computers, phones, etc. The focus of this group is healthy living in Emmet County, which includes weight loss and increased activity. The 2015 County Health Rankings Snapshot obesity rate for Emmet County continues to be 32%. Emmet County Public Health, Avera Holy Family Hospital, Regional Wellness Center, and Emmet County Extension have offered education in the community on obesity, diet, and benefits of increased activity.
	2. Continue and increase participation in the Lifestyle Challenge in Emmet County.	2. FY2015: The Lifestyle Challenge had a decrease in participants this year. There were 271 registered participants. 98 of the participants lost 5% of their body weight. 76 did 3200 + minutes of exercise. There were several educational opportunities offered throughout the Challenge. The pre-diabetes education was offered again this year. Wellness programs continue in some of the larger businesses in Emmet County, encouraging healthy diet and life style.
	3. Increase the walking trails in Emmet County.	3. FY2015: There have been improvements made to the trails at Fort Defiance. The improvements made have helped increase use of the trails and grounds. The Estherville Walking Trails committee meets regularly and will add additional trails as funding becomes available.

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	4. Work with schools on their wellness programs to promote good nutrition and exercise.	4. FY15: We continue to have representation from both Estherville Lincoln Central and North Union School Districts at the Emmet County Wellness Coalition. The school districts continue activities to reduce childhood obesity. The ELC after school program "Energizers" continues to meet at the Regional Wellness Center.
	5. Incorporate "Whole -family concept" nutrition education into family home visitation program.	5. FY15: The Healthy Beginnings Home Visitation Program continues to include healthy meals education for families. Numerous resources on healthy food selection is provided to the families. Families with special dietary needs receive education specific to their needs. Exercise is also encouraged.